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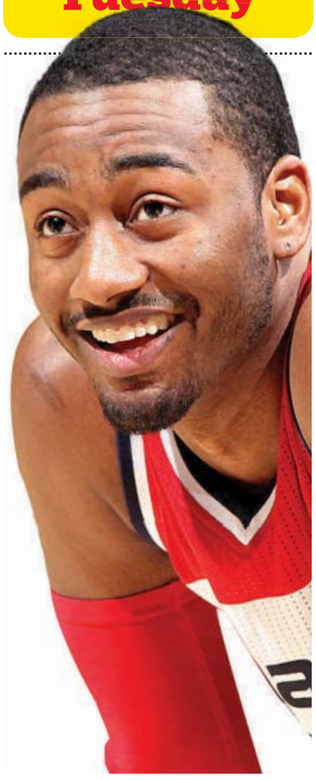
Tuesday



NOT HALF BAD

Four key storylines as the Wizards get back in the action **14**

CRUISE CONTROL

Metro teaches bus drivers how to steer through job stress **10**

TUNED OUT

Musicians dish on why they left the District in the dust **23**

am 50 | 30 pm

FOR EXTENDED FORECAST, SEE PAGE 33

THINKSTOCK/EXPRESS ILLUSTRATION

TRIGGER HAPPY?

Shaken by Sandy Hook, schools use zero-tolerance policies to punish young kids who so much as hint at gunplay **13**

eo

eye openers

WEDDINGS

We Found the Only Couple To Not Bicker in an Ikea

After beating 500 other couples in a competition, an Australian couple won the wedding and reception of their dreams — at an Ikea. The Daily Mail reported Thursday that Chad Martin and Lynne Klanbida wed at a Sydney location on Valentine's Day. The event featured Ikea lighting, furniture, decorations, dining ware and meatballs. The couple said that visits to the store they "adore" over the years brought "the two of us closer." (EXPRESS)

INVENTIONS

"At one point I put a zipper around my neck and the idea was born."

— **JOSH JAKUS,** A U.S. DESIGNER WHO INVENTED A $65 ZIP-UP GRAY FELT TIE FOR MEN WHO STRUGGLE TO FASTEN THEIR TIES, THE U.K. WEBSITE ORANGE NEWS REPORTED FRIDAY

TROUBLEMAKERS

Trix Rabbit Suspiciously Leaves the Country

Silly rabbits. The furry creatures are wreaking havoc on cars parked at Denver International Airport by eating spark-plug cables and other wiring. To stop the problem, federal wildlife workers are removing at least 100 bunnies a month while parking companies install better fences and build perches for predator hawks and eagles. The rabbits cause hundreds and sometimes thousands of dollars in damage to cars. (AP)

The Big Picture

KIRSTY WIGGLESWORTH/AP

'I THOUGHT THESE WERE EXTINCT!' A girl screams Monday as a life-size Australovenator dinosaur puppet chases her down the South Bank in London. The dinosaur is part of Erth's "Dinosaur Petting Zoo" show, which includes baby dinosaurs, teeth-gnashing giants and various reptiles in between. The show runs through Feb. 20 then heads to the U.S.

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Leaking Oil Line Caused Fire That Disabled Cruise

Coast Guard says investigation will take up to 6 months

Atlanta

A leak in a fuel oil return line caused the engine-room fire that disabled a Carnival cruise ship at sea, leaving 4,200 people without power or working toilets for five days, a Coast Guard official said Monday.

Cmdr. Teresa Hatfield addressed the finding in a conference call and estimated that the investigation of the disabled ship, the Carnival Triumph, would take six months.

Hatfield said the Bahamas — where the ship is registered — is leading the investigation, with the Coast Guard and National Transportation Safety Board representing U.S. interests in the probe. The vessel was in international waters at the time of the incident.

Though passengers interviewed after the cruise complained about confusion in the immediate aftermath of the fire about whether to evacuate their rooms as well as poor communication about what was happening, Hatfield said the crew responded appropriately to the fire.

"They did a very good job," she said.

Carnival CEO Gerry Cahill apologized to passengers late last week.

Andrew Coggins, a professor at Pace University in New York and an expert on the cruise industry, said the fire could potentially have been serious.

If the crew hadn't reacted quickly and the fire suppression system hadn't worked properly, he said, "the fire from the engine room would have eventually burned through to other parts of the ship." Engine-room fires that can't be suppressed generally result in the loss of the entire ship, he said.

Hatfield said the investigation will look at the cause of the fire and the crew's response, as well as why the ship was disabled for so long.

Last week, NTSB investigators were in Mobile, Ala., trying to determine the cause of the fire. The agency could take the probe and use it to make recommendations for improving cruise ship safety, an NTSB spokesman said at the time. KATE BRUMBACK (AP)

DAN ANDERSON/AFP/GETTY IMAGES

Passengers disembark Thursday from a stricken Carnival cruise ship in Mobile, Ala. The Coast Guard said Monday a fuel leak caused a fire that disabled the ship at sea.

Backstory

The Carnival Triumph, carrying 4,200 people, left Galveston, Texas, on Feb. 7 for a four-day jaunt to Cozumel, Mexico. A fire paralyzed the ship on Feb. 10, leaving it without power or working toilets, and passengers spent a nightmarish five days adrift at sea. Passengers described water-logged carpet, sewage seeping through the walls, overflowing toilets and a stench so bad people choked when they tried to endure it. The stricken ship arrived in Mobile, Ala., late Thursday. (AP)

In Brief

NEW YORK

Reader's Digest Parent Files for Bankruptcy

The parent company of Reader's Digest filed for Chapter 11 bankruptcy protection for the second time in less than four years, saying it needs to cut its debt so it can keep restructuring. RDA Holding Co. said late Sunday it will keep publishing the magazine during the bankruptcy and aims to be out of Chapter 11 within six months. (AP)

DALLAS

Russian Officials Probe Death of Adoptee, 3

Russia's Investigative Committee on Monday blamed "inhuman treatment" for the Jan. 21 death of a 3-year-old boy adopted by an American family, but Texas Child Protective Services officials say they are still investigating claims that the child was abused before his death. Maxim Kuzmin's death comes weeks after Russia announced it was banning all American adoptions. (AP)

Correction

The Price Point on page R3 of Friday's Ready to Rent showed a photo of 1845 N. Capitol St. NE, No. 1, not the available unit, No. 2. Unit No. 2 does not include original woodwork. It is a two-bedroom in a rowhouse and includes off-street parking.

Not Their Way: Somebody hacked Burger King's Twitter account Monday, posting obscene messages and changing its profile picture to a McDonald's logo. Over the span of an hour, about 55 tweets and retweets were sent, prompting Burger King to ask Twitter to suspend the account and adding they'd post an apology to Facebook later Monday. McDonald's tweeted that it empathized: "Rest assured, we had nothing to do with the hacking." (AP)

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CHANGES

Midlife With a Bang

Michelle Obama jokingly said a midlife crisis is what inspired her new haircut and bangs. In "Rachael Ray" interview excerpts released Monday, Obama said, "This is my midlife crisis." The interview is scheduled to air Wednesday. The first lady revealed the new hairstyle last month. (AP)

Colo. House Passes Gun Bills

Denver

New ammunition limits and universal background checks passed the Colorado House on Monday, during a second day of emotional debates that has drawn attention from the White House as lawmakers try to address recent mass shootings.

The bills were among four the Democratic-controlled House passed amid strong resistance from Republicans.

The proposed ammunition restrictions place a limit of 15 rounds for firearms and eight for shotguns. Three Democrats joined all Republicans voting no on the bill, but the proposal passed 34-31.

> **"This is part of our heritage. This is part of what it took to settle this land. I cannot turn my back on that."**
>
> — DEMOCRATIC REP. ED VIGIL, WHO REPRESENTS RURAL SOUTHERN COLORADO, ON VOTING AGAINST THE FOUR GUN-CONTROL BILLS

The House also approved a bill requiring background checks on all gun purchases, including those between private sellers and firearms bought online. Other proposals would ban concealed firearms on colleges and require that gun purchasers pay for their own background checks.

"Enough is enough. I'm sick and tired of bloodshed," said Democratic Rep. Rhonda Fields, a sponsor of the bill and representative of the district where the shootings at an Aurora theater happened last summer. Fields' son was fatally shot in 2005.

Republicans argued that the proposals restrict Second Amendment rights and won't prevent mass shootings like the ones in Aurora and Newtown, Conn.

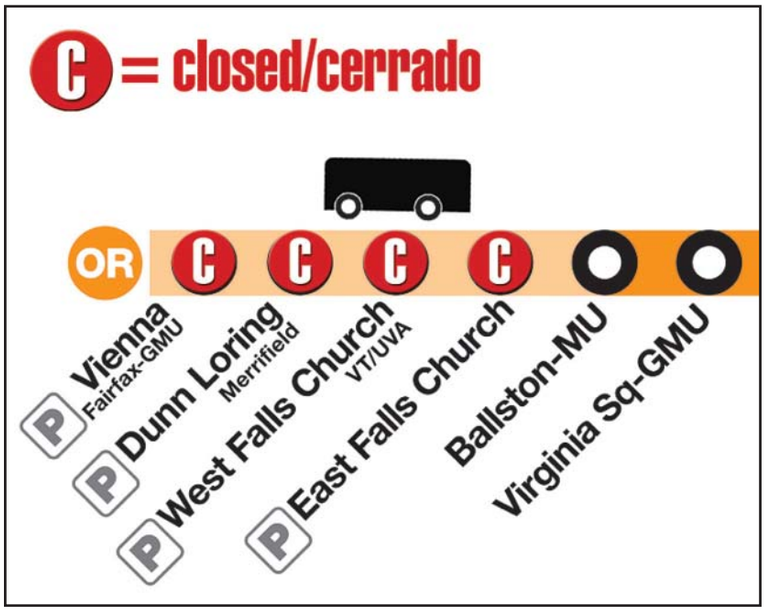
"This bill will never keep evil people from doing evil things," said Republican Rep. Jerry Sonnenberg.

The Senate still needs to consider the proposals. IVAN MORENO (AP)

Hearsay

> **"None of us go through life without mistakes. But in their wake we can learn a lot about grace, a God of second chances and be the better for it."**
>
> — FORMER SOUTH CAROLINA GOV. MARK SANFORD, IN THE FIRST TV AD, RELEASED MONDAY, FOR HIS CONGRESSIONAL DISTRICT RACE. IN THE AD, HE DOESN'T SHY AWAY FROM THE 2009 CHEATING SCANDAL THAT CONSUMED THE END OF HIS SECOND TERM. SANFORD IS ONE OF 16 CANDIDATES VYING FOR THE REPUBLICAN NOMINATION FOR THE SEAT.

TRACK WORK THIS WEEKEND



From Friday, February 22 at 10 p.m. to Sunday, February 24 at closing: Buses replace trains on the Orange Line between Vienna and Ballston-MU while Metro eliminates rail joints, renews ties and prepares for the Silver Line. For last train times or information about shuttle bus service, parking, alternate routes or track work on upcoming weekends, please visit MetroForward.com or call 202-637-7000.

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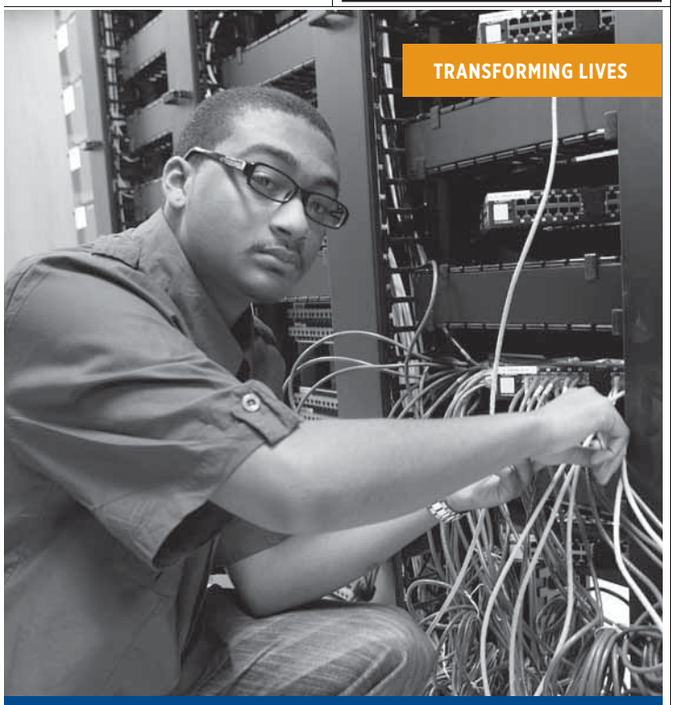

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Weekend Review

1 JOHANNESBURG

Pistorius Won't Race Amid Murder Charge

Oscar Pistorius' agent on Sunday canceled his upcoming races so the double-amputee Olympian can focus on the murder charge against him, underscoring the possibility he might never again run competitively on his famous carbon-fiber blades. Pistorius is accused of killing his girlfriend on Feb. 14. (AP)

2 PORT ST. LUCIE, FLA.

GOP Signals Filibuster On Hagel Bid to End Soon

Republican opponents on Sunday sent signals that Chuck Hagel's bid to become defense secretary will probably come to a vote soon in the Senate. That's unless information damaging to Hagel and the Obama administration surfaces. (AP)

3 MANADO, INDONESIA

Toll Rises in Landslides

Rescuers found five more bodies in the mud following landslides in northern Indonesia, bringing the death toll to 15. The disaster over the weekend sent thousands fleeing for safe ground, police and witnesses said Monday. Seven hamlets were devastated by landslides and floods in Manado. (AP)

AP

4 An Otherworldly Site to See

An official eyes the crater left by a meteor Friday near Chelyabinsk, Russia. The space rock's explosion, as powerful as several atomic bombs, shattered glass in more than 4,000 buildings, injuring 1,500 people. For coverage of the meteor cleanup, see page 9.

5 "I want to offer my sincerest apologies. ... It is my hope that I am remembered for things that I did right."

— **FORMER REP. JESSE JACKSON JR.,** D-ILL., IN A STATEMENT RELEASED FRIDAY AFTER HE AND HIS WIFE AGREED TO PLEAD GUILTY TO CHARGES IN AN ALLEGED SCHEME TO SPEND $750,000 IN CAMPAIGN FUNDS ON PERSONAL ITEMS, INCLUDING FURS AND A HAT ONCE OWNED BY MICHAEL JACKSON

6 BAUCHI, NIGERIA

Islamist Group Kidnaps 7 From Contractor's Camp

An Islamic extremist group claimed responsibility Monday for the kidnapping of seven foreign workers from northern Nigeria, threatening their safety if anyone tried to free them. The group, Ansaru, said in a statement that it kidnapped the foreigners Saturday from a construction company's camp at Jama'are. (AP)

7 BAGHDAD

Spree of Bombings Kills At Least 37, Injures 100

Car bombs tore through shopping areas within minutes of each other in mainly Shiite neighborhoods of Baghdad on Sunday, killing at least 37 people and wounding more than 100. It was the third time this month that attacks have claimed more than 20 lives in a single day and comes amid rising sectarian discord. (AP)

8 STATE COLLEGE, PA.

$27.6M

The estimated bill for Penn State's legal fees, consultants and other costs associated with the Jerry Sandusky child sex-abuse scandal, as of November 2012, according to university data released last week. (AP)

World

EU Rejects Arming Syrian Rebels

Officials cite growth of insurgent groups as primary concern

Paris

Rejecting a push by Britain, European governments on Monday decided against providing weapons to Syrian rebel forces, expressing fears that more arms would only lead to more bloodshed in a conflict that already has taken nearly 70,000 lives.

The decision, by EU foreign ministers meeting in Brussels, illustrates the difficulty that Europe and the U.S. have had in dealing with the two-year-old Syrian civil war despite their unanimous condemnation of President Bashar Assad and his ruthless battle to remain in power.

The Obama administration also has refused repeated rebel appeals for more advanced weaponry, particularly ground-to-air missiles. U.S. officials and European leaders have cited fears that the weapons could end up in the hands of Islamist extremists, who form a growing segment of rebel forces.

A report issued Monday in Geneva by the U.N. Independent International Commission of Inquiry on Syria said the Islamist fighters include foreigners drawn to the Syrian conflict because they view it as a Sunni jihad against Assad's government.

"The war has become colored by sectarianism, permeated by opportunistic criminality and aggravated by the presence of foreign fighters and extremist groups," it said.

The commission urged rebel leaders in the umbrella National Coalition for Syrian Revolutionary and Opposition Forces to dissociate themselves from the Islamists.

The EU imposed an arms embargo against Syria in May 2011, covering the government as well as the rebels, that was scheduled to expire March 1. Monday's decision renewed the ban for three more months, but, in what was portrayed as a compromise, it contained a promise to alter the terms to permit the supply of more nonlethal equipment to save civilian lives.

The ministers did not detail what that meant in practical terms. Britain and other governments already have supplied such nonlethal aid as communications gear.

EDWARD CODY (THE WASHINGTON POST)

Meanwhile ...

Syrian rebels captured a government checkpoint on the main road to the country's second-largest airport Monday as opposition fighters pressed their campaign to capture the strategic facility in the northern city of Aleppo, activists said. Elsewhere, a U.N. commission on Monday said fighters on both sides in Syria's civil war have committed atrocities and should be brought to justice. (AP)

Ailing Chavez Returns Home

Caracas, Venezuela

President Hugo Chavez returned to Venezuela early Monday after more than two months of treatment in Cuba since cancer surgery, his government said, triggering street celebrations by supporters who welcomed him back.

Chavez's return was announced in three messages on his Twitter account. The first read: "We've arrived once again in our Venezuelan homeland. Thank you, my God!! Thank you, beloved nation!! We will continue our treatment here."

They were the first messages to appear on Chavez's Twitter account since Nov. 1 and came less than three days after the government released the first photos of Chavez in more than two months, showing images of him looking bloated and smiling alongside his daughters. (AP)

Blast Targets Political Office in Pakistan

SOHAIL IQBAL/AP

VOLUNTEERS ASSIST A MAN in Peshawar, Pakistan, after a suicide bombing Monday. Militants disguised as policemen attacked the office of a political official, killing six people, police said. Instability continues to dog Pakistan, including in Quetta, where at least 15,000 people protested Monday for a second day after a bombing that killed 89 people Saturday.

Were They Ewoks? A Belarusian court on Monday handed out a two-year prison sentence to a border guard who failed to protect the ex-Soviet nation from foreign teddy bears. Belarus' Supreme Court said the guard was convicted of failure to report an intrusion of a light plane that dropped hundreds of teddy bears — decked out in parachutes and slogans supporting human rights — over the tightly controlled country of 10 million. (AP)

In Brief

KABUL, AFGHANISTAN

Karzai Limits Airstrikes Made by Afghan Forces

President Hamid Karzai on Monday issued a decree banning Afghan security forces from requesting airstrikes during operations in residential areas. The order comes amid anger over a NATO airstrike requested by the national intelligence service that killed at least 10 civilians. (AP)

LONDON

Police: U.K. Couple Die During Global Biking Trip

A British couple's round-the-world cycling odyssey ended in tragedy when the pair was killed in an accident in Thailand. Peter Root and Mary Thompson, both 34, died Wednesday when they were hit by a pickup, Thai police said Monday. The couple left Britain in July 2011 and had cycled through Europe, the Middle East, Central Asia and China. (AP)

BRUSSELS

EU Slaps New Sanctions On N. Korea for Nuke Test

EU finance ministers, condemning the Feb. 12 nuclear test by North Korea, on Monday imposed new trade and economic sanctions on the nation. A statement by the EU officials demanded that North Korea abstain from further tests. (AP)

Hearsay

"Why? Why my little girl? Why did this happen? Why did he do this? ... Just like that, she is gone."

— **JUNE STEENKAMP,** THE MOTHER OF OSCAR PISTORIUS' SLAIN GIRLFRIEND, IN AN INTERVIEW PUBLISHED MONDAY IN THE TIMES OF JOHANNESBURG. SOUTH AFRICANS ARE BRACING TO HEAR WHY PROSECUTORS HAVE CHARGED THE DOUBLE-AMPUTEE OLYMPIAN, A NATIONAL HERO, WITH GUNNING DOWN MODEL REENA STEENKAMP ON FEB. 14.

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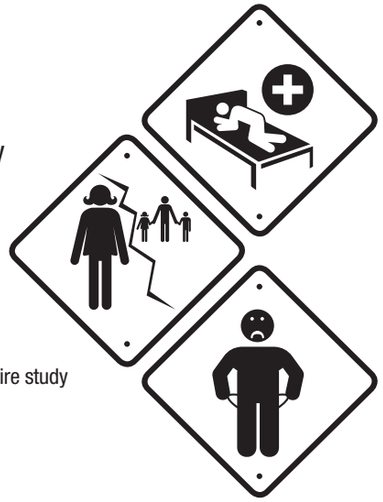

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World

Russia Cleans Up After Meteor

Moscow

Scientists have found more than 50 tiny fragments of a meteor that exploded over Russia's Ural Mountains, and preliminary tests are turning up information about the meteor's contents.

Local residents, however, seem more interested in the black market value of the fragments. As they search for their own pieces of the meteor, sales offers already are filling the Internet, and police are warning all purchasers to prepare for possible fraud.

The meteor — which injured nearly 1,500 people and caused widespread property damage in Chelyabinsk city on Friday — was the largest recorded space rock to hit Earth in more than a century. Health officials said 46 of the injured remain hospitalized.

Viktor Grokhovsky, who led the expedition from Urals Federal University, said Monday that 53 fragments of the meteor have been plucked from the ice-covered Chebarkul Lake. He said they are less than half an inch in size, about 10 percent iron, and belong to the chondrite type, the most common variation of meteorites found on Earth.

Meanwhile, workers in the city remained busy replacing acres of windows shattered by the shockwave caused by the meteor, which NASA said released 500 kilotons of energy, equivalent to more than 30 Hiroshima bombs. (AP)

$33M

The estimated amount in damage caused by Friday's meteor in Russia, a local official estimated. (AP)

$1.9B

The estimated cost for a Russian program to build new telescopes to warn of potentially dangerous asteroids and comets. (AP)

Boars 1, Hunters 0: Belgians went on a boar hunt, and at first it looked like no contest: 200 hunters vs. 170 wild boars. But only one boar was slain. As hunter Jef Schrijvers said: "The boars won. The hunters lost." The town of Postel had organized the hunt because an increase in the boar population had damaged farm fields and woods and caused traffic problems. Schrijvers called it a "successful general rehearsal" ahead of similar hunts. (AP)

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Reason # 42

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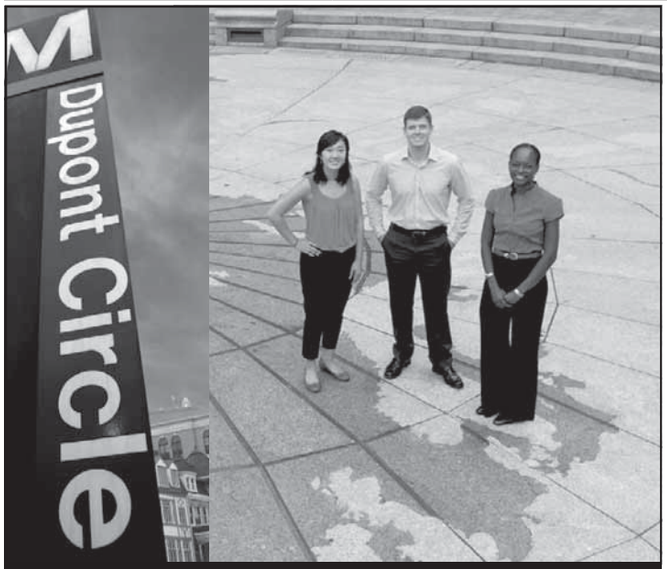

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Nowhere Else to Turn

Metro offers courses to help bus operators deal with job stress

Washington

Silas Smith sat in the front of the classroom, taking notes as he listened to the lesson: Stay focused. Leave your personal life at home. Don't take it personally.

It's the kind of advice that could apply to almost any office worker in the D.C. region's go-go-go work environment. But Smith's office is a 15-ton Metrobus, and he and his fellow drivers know their decisions – and distractions — can have life-altering consequences.

Each day, Metro pulls about a dozen of its bus operators off their routes for an eight-hour course — taught by 20-year driver, supervisor and trainer Roger Langston — on dealing with the particular stresses of the bus workplace. They role-play how to deal with unruly schoolkids or a passenger smoking a cigarette. They get refreshers on how to help disabled passengers and how to report an emergency.

And they vent.

Smith, who has been driving for 14 years, was one of the students in a recent class and he said he's never had such an intense customer service training session

"It's very helpful," he said. "We're out there dealing with people and without some structure and guidance, it is a guessing game."

Drivers also shared their own tales of being spit on for no reason, yelled at for directing passengers to fold their baby strollers and fussed at for arriving late when there's traffic.

Jeffrey Jay, a psychologist who has worked for decades counseling Metro bus and train operators, said bus operators are often seen as symbols of people's anger at government-type agencies.

"They're in uniform," he said. "They can't fight back to defend themselves. They're the face of the authority. They become targets for people's sense of everything that is wrong with the world."

Metrobus operators know the feeling all too well.

Shawn Jones, whose worked for Metro for eight years, said he's reluctant sometimes to even greet customers.

"I've gotten cussed out for saying good morning to people driving the 90 line," he said, referring to a bus route that runs in part through Congress Heights and Anacostia. Now he said he prefers to simply nod at customers when they get on his bus.

Langston challenged him. "Don't let them get to you," he said.

DANA HEDGPETH (THE WASHINGTON POST)

MARVIN JOSEPH/TWP

Metrobus operators watch instructor Roger Langston, center, demonstrate last month how to use the ramps designed to help passengers with disabilities.

Since October, Metro has trained more than 600 of its roughly 2,500 bus operators and plans to put the rest through the class by 2014.

Crimes Against Bus Drivers

Attacks: The class comes as Metro's bus operators have seen a rash of attacks in recent months. Buses are struck by rocks and bricks. Bus operators have been beaten up and spit on by customers. And in one case, a Metrobus operator said he was grazed in the leg after a man shot and killed his girlfriend and wounded their small child as she tried to get aboard a bus in Southeast.

The Punishment: Assaulting a bus operator is a misdemeanor in Maryland, Virginia and the District, according to Metro Transit Police officials. The District has beefed up the penalties for assaulting a transit operator, and Maryland's legislature is trying to do something similar.

'The Toughest' Job: Michael Taborn, Metro's Transit police chief, recently called bus operators' jobs "the toughest" in the transit system in testimony before the board on the spate of violence. (TWP)

Local

Surge in Hospitality Set for D.C.

Surge in luxury hotel rooms could boost convention business

Washington

Some of the biggest names in hotels are moving to deliver more than 1,800 high-end rooms in downtown Washington in coming years, a surge that analysts say could reshape the city's hospitality industry.

Construction is already under way on the 1,175-room Marriott Marquis convention center hotel, a project that city officials spent nearly two decades planning and assembling and which Marriott fought aggressively to control. The hotel is expected to be finished in the spring of 2014.

Ten blocks south, Donald Trump's hotel company is negotiating the details of a 261-room hotel it plans to build at the Old Post Office Pavilion. That could open as soon as 2016.

Now executives at Hilton Worldwide are negotiating a deal with developers of CityCenterDC to build a 370-room Conrad hotel downtown, according to sources.

Adding 1,800 rooms at luxury or near-luxury levels in the span of a couple of years could drive down room rates in other hotels in the city.

1,800

The approximate number of high-end hotel rooms that are planned for construction in the District.

David Loeb, managing director and senior real estate research analyst at Robert W. Baird & Co., said a major question will be what effect the Marriott Marquis would have on the city's convention business.

"There is a lot of speculation that in 2014, when the Marquis opens, that the convention center calendar will look much better," Loeb said.

District officials expect the Marriott Marquis to give D.C. and its convention arm, Events DC, a leg up on National Harbor in trying to attract major conventions to the area.

If the convention center business picks up, Loeb said, the Washington hotel market should be able to absorb the new rooms.

"I think it will be fine in the long run," he said. "It's a very robust, high-demand market."

But Marriott will operate both convention hotels — the Marquis and the Gaylord National Resort & Convention Center — and Loeb expects Marriott to balance both.

"I think Marriott will look for those two hotels to work in complement," he said. JONATHAN O'CONNELL (THE WASHINGTON POST)

Report: Federal Budget Cuts Will Hit D.C. Area Most

Washington

Maryland, Virginia and D.C. are among the most vulnerable to looming federal budget cuts in defense as well as nondefense spending, according to a report released Monday by Wells Fargo Securities.

The report examines parts of the country that would feel the most pain from $85 billion in cuts that are set to automatically start taking effect March 1 without a bipartisan deal on sequestration.

Actual cuts may be around 13 percent for defense and 9 percent for other programs because lawmakers delayed their impact, requiring savings over a shorter period of time.

"The District of Columbia along with its neighboring suburbs in Northern Virginia and suburban Maryland are particularly vulnerable due to the multitude of defense agencies and contractors located in the region," the report said. BRIAN WITTE (AP)

Meanwhile ...

The governor of Virginia is asking President Barack Obama in a letter to make good on his campaign pledge to avert automatic cuts to federal spending that would disproportionately damage Virginia. Republican Gov. Bob McDonnell said the threat of cuts from the 2011 Budget Control Act is already harming Virginia. (AP)

The Next Big Drip?

SARAH L. VOISIN/TWP

OWEN RILEY III, 28, PUTS ON A COSTUME Friday at D.C. Water's Bryant Street pumping station, where auditions were held for its Wendell the Water Drop mascot. A second round of tryouts is set for Tuesday, after which the company will pick its third mascot in four years.

The Lotteries

Monday, Feb. 18

Maryland

Mid-day Pick 3	2-1-9
Evening Pick 3 (Sun.)	5-4-5
Mid-day Pick 4	8-1-2-4
Evening Pick 4 (Sun.)	5-8-2-0
Match 5 (Sun.)	5-19-26-27-38 (16)

District

Mid-day Lucky Numbers	9-0-5
Evening Lucky Numbers (Sun.)	4-9-7
Mid-day DC 4	7-4-8-6
Evening DC 4 (Sun.)	5-6-9-9
Mid-day D.C. Five	1-5-1-1-6
Evening D.C. Five (Sun.)	9-5-9-2-0

Virginia

Mid-day Pick 3	6-1-4
Evening Pick 3 (Sun.)	6-9-2
Mid-day Pick 4	6-6-9-3
Evening Pick 4 (Sun.)	7-4-9-3
Mid-day Cash 5 (Sun.)	4-5-10-14-24
Evening Cash 5 (Sun.)	1-6-16-20-23

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

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WEDNESDAY MAR 6

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A NIGHT OF STAND UP COMEDY

SATURDAY, FEB 23
COMMANDER CODY

SUNDAY, FEB 24 10AM & 12:30PM
LIVE GOSPEL BRUNCH
W/ HOWARD GOSPEL CHOIR $30

MONDAY, FEB 25
LADY STARLIGHT AFTER PARTY (DJ SET)
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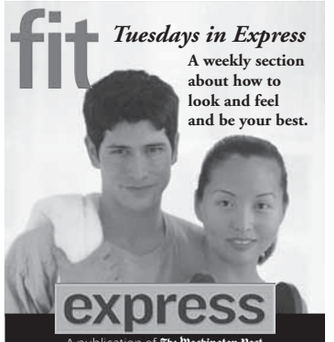

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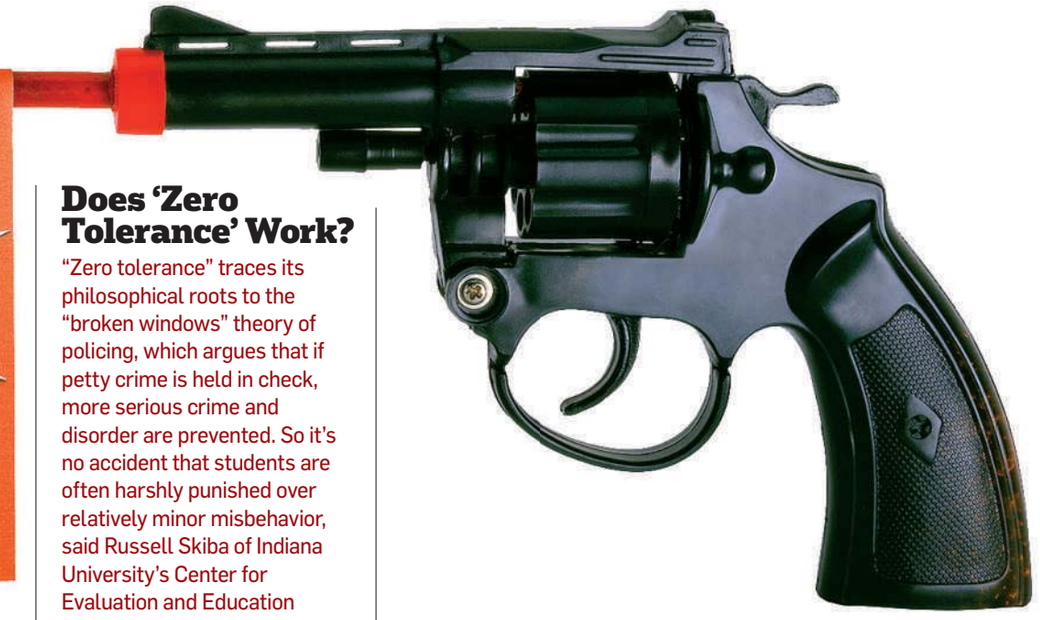

Gun Shy

Waiting in line for the bus, a Pennsylvania kindergartner tells her pals she's going to shoot them with a Hello Kitty toy that makes bubbles. In Maryland, a 6-year-old boy pretends his fingers are a gun during a playground game. In Massachusetts, a 5-year-old boy makes a gun out of Legos and points it at students while "simulating the sound of gunfire," as one school official put it.

Kids with active imaginations? Or potential threats to school safety?

Some school officials are taking the latter view, suspending or threatening to suspend small children over behavior their parents consider perfectly normal and age-appropriate — even now, with schools in a state of heightened sensitivity following the mass shooting at Sandy Hook Elementary in December.

The extent to which the Newtown, Conn., shooting might influence educators' disciplinary decisions is unclear. But parents say administrators are projecting adult fears onto children who know little about the massacre of 20 first-graders and six educators, and who certainly pose no threat.

"It's horrible what they're doing to these kids," said Kelly Guarna, whose 5-year-old daughter was suspended in Pennsylvania last month for making a "terroristic threat" with the bubble gun. "They're treating them as mini-adults, making them grow up too fast, and robbing them of their imaginations."

Mary Czajkowski, superintendent of Barnstable Public Schools in Hyannis, Mass., acknowledged that Sandy Hook has teachers and parents on edge.

But she defended Hyannis West Elementary School's warning to a 5-year-old boy who chased his classmates with a gun he'd made from building blocks, saying the student didn't listen to the teacher when she told him repeatedly to stop.

The school told his mother if it happened again, he'd face a two-week suspension.

"We must do all that we can to ensure that all students and adults both remain safe and feel safe in schools," Czajkowski said in a statement.

The boy's mother, Sheila Cruz-Cardosa, said school officials should be concentrating on "high school kids or kids who are more of a threat, not an innocent 5-year-old."

The slew of recent high-profile suspensions over perceived threats or weapons infractions has renewed old questions about the wisdom of "zero tolerance" policies.

Zero tolerance was enshrined by a 1994 federal law that required states to mandate a minimum one-year expulsion of a student caught with a firearm on school property. Over the years, many school districts expanded zero tolerance to include offenses as varied as fighting, or arguing with a teacher.

School safety expert Kenneth Trump said most school officials bend over backward to be fair. But he added there's no question that Sandy Hook weighs heavily.

"It's a normal occurrence to have a heightened sensitivity after a high-profile tragedy, but that does not negate the need for common sense," he said.

MICHAEL RUBINKAM (AP)

Does 'Zero Tolerance' Work?

"Zero tolerance" traces its philosophical roots to the "broken windows" theory of policing, which argues that if petty crime is held in check, more serious crime and disorder are prevented. So it's no accident that students are often harshly punished over relatively minor misbehavior, said Russell Skiba of Indiana University's Center for Evaluation and Education Policy. Some experts say there's little evidence that zero tolerance — in which certain infractions compel automatic discipline, usually suspension or expulsion — makes schools safer and contend the policies lead to increased rates of dropouts and involvement with the juvenile justice system. (AP)

Two Views

"Clearly, we're post-Newtown. We're seeing more school districts rushing to hire more police, and we're seeing a rise in the number of incidents of school discipline that puts common sense to the side."

JUDITH BROWNE DIANIS, CO-DIRECTOR OF THE ADVANCEMENT PROJECT, A GROUP THAT PROMOTES CIVIL RIGHTS

"I don't see us as overreacting. I see us as being more sensitive."

KIMBERLY CARTER, A MIDDLE SCHOOL TEACHER IN MONTGOMERY COUNTY, MD.

Two Local Cases

In Maryland: Stephen Grafton said common sense was in short supply in a case involving his 6-year-old son, who he said was suspended from White Marsh Elementary School in Trappe for using his hand as a "gun" during recess. Grafton said administrators were criminalizing play. The school lifted the suspension after a day and removed it from his record, Grafton said. The school principal did not respond to messages. (AP)

In Virginia: An 8-year-old boy in Prince William County pointed his finger like a gun in a school hallway after a friend pretended to shoot him with a bow and arrow. The class had been studying Native American culture and had just learned a deer-hunting song. "It was playing — it was cowboys and Indians," said the second-grader's father. The boy was suspended for "threatening to harm self or others" on Feb. 8, a misdeed on par with bringing an actual weapon to school. He served an in-school suspension Wednesday. (THE WASHINGTON POST)

Sports

Nats' Haren More Than A Mentor

Nationals

Dan Haren has no problem imparting wisdom to the Washington Nationals' young starting staff, but general manager Mike Rizzo made it clear Monday the team didn't sign the right-hander just so Stephen Strasburg can pick his brain.

"His value to me is that he's a capable mid-to-upper rotation starting pitcher," Rizzo said. "We didn't get him here and pay him to be a mentor for our starters. We brought him to be a real contributor in the rotation.

"We feel that a healthy Dan Haren is going to revert back to the previous Dan Haren, and that's what we're looking for."

The 32-year-old Haren, who signed a one-year, $13 million contract in December, went 12-13 with a 4.33 ERA last year while dealing with hip and back issues. He went on the disabled list at the All-Star break, missing a start for the first time in his career.

He finished the season having thrown 176 2/3 innings, breaking a streak of eight consecutive years in which he threw more than 200.

"When you're not doing good, you realize how bad you want it," Haren said. CARL KOTALA (AP)

TV Lineup

COLLEGE HOOPS (7 P.M., ESPN) In the latest marquee Big Ten matchup, No. 1 Indiana heads to East Lansing to play No. 4 Michigan State.

NBA (9 P.M., NBATV) The Celtics are on the road to face the Nuggets, one of the best home teams in the NBA with a 22-3 record.

COLLEGE HOOPS (9 P.M., ESPNU) No. 2 Miami is still undefeated in the ACC and will host Virginia.

The Break Is Over

The Wizards are coming off the All-Star break with a home game Tuesday against the Raptors. Since John Wall's return on Jan. 12, Washington has played like a fringe playoff contender. But the Wizards are 15-36 on the season — 11 games back of the No. 8 spot in the East — and destined for another NBA draft lottery. Here are four questions facing Washington as the second half of the season begins. JEFFREY TOMIK (EXPRESS)

GETTY IMAGES/EXPRESS ILLUSTRATION

1 Is this really a playoff roster when healthy?

The Wizards are 10-8 since John Wall returned from a knee injury. That's a .556 winning percentage, and Washington would be in the No. 7 spot in the East if it had won at that rate for the entire season. The Wizards also have proven themselves capable of beating the league's elite teams with wins over the Heat, Thunder, Nuggets, Bulls, Clippers and Knicks. While it's a positive sign the rebuilding process may be further along than it seemed after Washington's horrendous start, the front office can't use that as an excuse to be complacent in the offseason.

2 Will Bradley Beal keep developing as a scorer?

Bradley Beal, the No. 3 pick in last year's draft, won Eastern Conference Rookie of the Month for December and January. He's struggled recently, but he was battling a wrist injury that forced him to miss some time. For the season, the shooting guard is averaging 13.2 points, 2.5 assists and 3.3 rebounds a game. But he's shooting just 39.3 percent from the field and 36.5 percent from the 3-point line. He's putting together a solid first season and looks to be the perimeter scorer the Wizards were hoping to draft, but Beal needs to keep improving on his offensive efficiency.

3 How does Nene fit in the Wizards' future plans?

The Wizards acquired a talented center when they traded for Nene last year, but they also took on his hefty contract. The Brazilian is on the books through the 2015-16 season for $13 million a year. The veteran seemed like an odd long-term fit for a young, developing team, but he has showcased his versatility this season. He's averaging 12.9 points, 6.8 rebounds and a career-high 2.9 assists a game. Nene is in the middle of his best month of the year, averaging 14.9 points and dishing out six assists in three of seven games in February.

4 Will Jan Vesely still be in the NBA in a year?

There might not be much more of an opportunity to follow Jan Vesely's NBA career. The sixth pick in the 2011 draft is putting together a historically abysmal season. He currently has scored 88 points all year while committing 81 fouls, and he's gone 8-for-29 from the free throw line — a troubling 27.6 percent. In his second season, his minutes have dropped from 18.9 per game in 2011-12 to 12.3 per game this year. The 6-foot-11 small forward has played just 13 minutes in the past 10 games, so an appearance in the box score may be a rare sighting for the rest of the season.

Presidential Round: President Barack Obama teed it up with Tiger Woods on Sunday. The White House confirmed that the president and the world's most famous golfer played a round at a secluded, exclusive yacht and golf club on Florida's Treasure Coast. Woods joined Obama at the Floridian, where Obama was spending the long Presidents Day weekend. The two had met before, but Sunday was the first time they played together. (AP)

Sports

PATRICK SEMANSKY/AP

With Saturday's 83-81 victory, Mark Turgeon earned his first victory over Duke since he became Maryland's coach in 2011.

Terps Hope to Build Off Big Win

Terps Hoops

It may have been overlooked in all the flash-mobbing, court-storming, road-closing hysteria Saturday night, but Maryland's dispatching of No. 2 Duke did more than send the Blue Devils home disappointed from what was likely their last visit to College Park.

9 P.M.
Tuesday | My20

The victory gave the Terrapins (18-7, 6-6 ACC) the signature win they lacked on their postseason résumé. An NCAA tournament bid remains far from certain, but Maryland resuscitated its season.

"It's time for us to step up and act like one of the big guys on the block," coach Mark Turgeon said. "Obviously we aren't. We're only 6-6 in the league. We beat a really good team [Saturday]. Is it a breakthrough win? We will see how we react from it. I am going to keep a foot on them. We have a lot of basketball ahead of us."

When the Terps lost an ugly home game to Virginia, they had to wait a full week before taking the court against Duke. In the interim, Turgeon stripped his upperclassmen of their captaincy and mandated that every player shoot 500 foul shots. His practices were brutal — by Thursday players were tired and sore — but they had a purpose.

"I am really proud of my kids," Turgeon said. "I worked them really hard this week and challenged them in a lot of different areas. I told them before the game, 'You don't have to do anything extraordinary. You just have to play to our level.'"

There is no time to repeat such manic preparation this week. The Terps had just two days before they had to board a plane north to take on Boston College on Tuesday, kicking off a stretch of four games against teams ranked below Maryland in the ACC standings.

This run — against the Eagles, Clemson, Georgia Tech and Wake Forest — could provide the Terps a bit of a cushion heading into the season's final two games, at home against North Carolina and at Virginia.

"We have a lot of basketball ahead of us," Turgeon said. "A lot of big games and a lot of road games ahead of us down the stretch."

Senior James Padgett was one of the players whose captaincy was revoked, the latest indignity in a season that has seen his role on the team steadily reduced. He played only 13 minutes on Saturday but scored eight points and pulled down three rebounds.

"It's a big win for us that hopefully we can use as a momentum builder going into the last couple games in the ACC," he said. "Everyone is excited, but we're not content. We're going to continue to work and continue to get better."

DEREK TURNER (FOR EXPRESS)

This Week's Top 25

The Associated Press' college basketball poll, with first-place votes in parentheses and last week's rankings:

	SCHOOL	RECORD	LW
1.	Indiana (43)	23-3	1
2.	Miami (20)	21-3	3
3.	Gonzaga (2)	25-2	5
4.	Michigan St.	22-4	8
5.	Florida	21-3	7
6.	Duke	22-3	2
7.	Michigan	22-4	4
8.	Syracuse	21-4	6
9.	Kansas	21-4	14
10.	Louisville	21-5	12
11.	Georgetown	19-4	15
12.	Arizona	21-4	9
13.	Kansas St.	20-5	10
14.	Oklahoma St.	19-5	17
15.	Butler	21-5	11
16.	New Mexico	22-4	19
17.	Marquette	18-6	18
18.	Ohio St.	18-7	13
19.	Wisconsin	18-8	20
20.	Pittsburgh	20-6	16
21.	Memphis	22-3	22
22.	Colorado St.	21-4	24
23.	Oregon	21-5	23
24.	VCU	21-5	—
25.	Notre Dame	20-6	21

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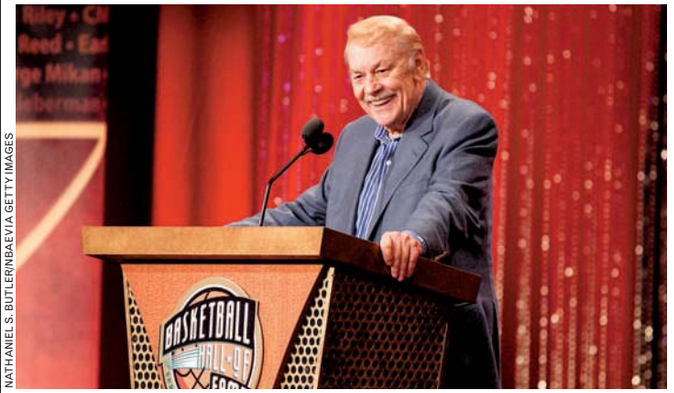

NATHANIEL S. BUTLER/NBAE VIA GETTY IMAGES

Jerry Buss was inducted into the Pro Basketball Hall of Fame in 2010.

Legendary Lakers Owner Buss Dies

He helped lead L.A. to 10 championships from 1980 to 2010

NBA

Jerry Buss, the Los Angeles Lakers' playboy owner who shepherded the NBA team to 10 championships from the Showtime dynasty of the 1980s to the Kobe Bryant era, died Monday. He was 80.

He died at Cedars-Sinai Medical Center in Los Angeles, said Bob Steiner, his assistant.

Buss had been hospitalized for most of the past 18 months while undergoing cancer treatment, but the immediate cause of death was kidney failure, Steiner said. With his condition worsening in recent weeks, several prominent former Lakers visited Buss to say goodbye.

"The NBA has lost a visionary owner whose influence on our league is incalculable and will be felt for decades to come," NBA Commissioner David Stern said. "More importantly, we have lost a dear and valued friend."

Under Buss' leadership since 1979, the Lakers became Southern California's most beloved sports franchise and a worldwide extension of Hollywood glamour. Buss acquired, nurtured and befriended a staggering array of talented players and basketball minds during his Hall of Fame tenure, from Magic Johnson and Kareem Abdul-Jabbar to Bryant, Shaquille O'Neal and Dwight Howard.

"We not only have lost our cherished father, but a beloved man of our community and a person respected by the world basketball community," the Buss family said in a statement issued by the Lakers.

Buss always referred to the Lakers as his extended family, and his players rewarded his fanlike excitement with devotion, friendship and championship rings. Working with front-office executives Jerry West, Bill Sharman and Mitch Kupchak, Buss spent lavishly to win his titles despite lacking a huge personal fortune, often running the NBA's highest payroll while also paying high-profile coaches Pat Riley and Phil Jackson. GREG BEACHAM (AP)

Buss' Legacy

Few owners in sports can approach Jerry Buss' accomplishments with the Lakers. Here are some of the team's achievements during his nearly 34 years as owner:

- Made 16 NBA Finals
- Won 10 NBA championships
- Made 32 of the past 34 playoffs
- Won 1,786 games, easily the NBA's most since Buss bought the club

fit

Guinea Pig | Trophy Body

The Oscars are a big deal, but if the nominated films are so great, where is "Lincoln: Abe's Abs" or "Argo Cardio"? If you want to learn moves from a 2012 movie, your best option is "Step Up Revolution Dance Workout" ($15). The DVD isn't a tearjerker, unless you get lost trying to follow the quick choreography. But it will make you sweat — and stomp, spin and slide. Each of the four 20-minute routines ends in a performance. (They're a bit different from the one in "Silver Linings Playbook.")

Kick Back, But Don't Relax

DCBFIT punches up the typical kickboxing workout with real fighting techniques

In a muay thai match, you never want your opponent to know what's coming next. Jerome Wilson is taking a similar approach with his gym, DCBFIT, which opened last week near the Navy Yard.

"I'm trying to give a real fighter's workout with real results," says Wilson, who's been training since 1999, when he was studying for his master's of divinity and theology in Richmond, Va. (You didn't see that coming, right?)

He started competing in muay thai — aka Thai boxing, which allows opponents to strike with their knees and elbows — and he found a passion for punching: "I love getting hit because I can hit back. And I'm going to give you more than you gave me."

"If you want a Richard Simmons hug or a Kumbaya moment, you're in the wrong place."

— **JEROME WILSON,** DCBFIT FOUNDER

Luckily for anyone with a fist phobia, several options on the schedule at DCBFIT are non-contact.

MT Fit, a moderate-intensity class, relies on three-minute rounds of punches, kicks, knees and elbows. MMA Fit dials it up with five-minute rounds and ground drills, such as this one: Lie on your back, wrap your legs around a punching bag and do sit-ups while repeatedly smacking the bag. Blitz is the gym's extreme take on sports conditioning, a nonstop barrage of sprints, kettlebells, burpees and various surprises.

TEDDY WOLFF PHOTOS/FOR EXPRESS

At DCBFIT, you can choose to fight, at left, or try a noncontact fitness class. Owner Jerome Wilson, right, will push you either way.

One way Wilson plans to keep students guessing is by not listing instructors' names on the schedule. The reasoning? He and his team of instructors — all seasoned fighters — plan to tag-team.

Wilson has already built up a local following from his classes at several LA Boxing gyms, but he's telling veteran students to be prepared for a different experience from what's found at the international franchise. Not that there's anything wrong with the LA Boxing formula, which Wilson calls "a cardio fitness workout," but at DCBFIT, he's aiming for a routine that will actually prepare people for the ring.

That's because every night, after the fitness sessions wrap up, DCBFIT's muay thai classes begin. In addition to serious conditioning and pad work, everyone gets the chance to spar with Wilson directly. Even though Wilson describes himself as "old as dirt," the hulking 37-year-old won't let anyone off too easy.

He plans to occasionally put trash cans around the room and insist that class isn't over until someone throws up.

"It has to happen," Wilson says. "We've got to christen the place."

That's no joke, though Wilson makes plenty of them as he teaches, which is why students are willing to return — even after taking a beating.

More Matches

All levels are welcome, but DCBFIT owner Jerome Wilson is cooking up a lower-intensity Modified Movers class to provide a specific entry point for more students, particularly overweight ones.

"If you look at specialty gyms, you don't see overweight people," he says. Another group he hopes to attract to DCBFIT are middle and high school students. Wilson, who's worked with kids in gang-prevention programs, wants to use the gym to set up apprenticeships and get students involved in fitness.

And what would Washington be if not a place for Democrats and Republicans to fight? That's why Wilson is trying to organize an exhibition sparring session with a political theme. V.H.

Details

First-time students can register for a trial class by contacting DCBFIT (1000 New Jersey Ave. SE; 202-621-8304, Dcbfit.com). Day fitness passes are $30, 10-class packs are $250, fitness memberships are $85, and Thai boxing memberships are $125.

At a trial workout last week, 36-year-old Tameka Harris explained her devotion to her favorite LA Boxing teacher like this: "If he tells you to do something, you'll see results and feel like you've accomplished something. But you'll laugh the whole time."

It's a dark humor, admits Wilson, whose shtick is basically, "I really enjoy watching people suffer." (And between the jumps squats, V-ups and spiderman pushups, he gets his chance.)

"If you want a Richard Simmons hug or a Kumbaya moment, you're in the wrong place," Wilson says.

And if you're like 26-year-old Deborah Estes, you won't care. After last week's class, she said she was hooked on the detailed instruction, personal attention and welcoming atmosphere.

"It was awesome," she said. "There's just something about getting your ass kicked."

That's especially true when you can kick back. VICKY HALLETT (EXPRESS)

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BEN CLAASSEN III

The Downside of Dreamy

Q Can you please tell women out there to stop flirting with my man? Thank you. Seriously. How am I supposed to respond when his co-workers, our neighbors and pretty much everyone under the sun acts like I am not there? STAY AWAY

Angelina Jolie — glad to know you read the column!

My first question is, what's his MO in these encounters? It's hard to continue flirting if you get absolutely no response — although some women (and men) will still try. Still, my guess is he has more of a role than you want to see.

There's a fine line between "Women are all acting completely inappropriate around my man" and "My man is bringing something inappropriate out in women." And I'm guessing it's less his biceps than a willingness to engage women in a certain way.

It's also possible that you're overreacting. Has jealousy or possessiveness been an issue in past relationships? Are you feeling particularly insecure about him in other ways? About yourself? Some soul-searching will help here. If you realize that he's being disrespectful to you or egging them on, talking to him about it will be difficult but it's your only hope of change.

To Catch a Thief (Family Edition)

Q I'm pretty sure my sister-in-law took jewelry of mine when she and her husband stayed with us over the holidays. It wasn't expensive, but it's stuff I like to wear. I don't have any other explanation for its disappearance — and she is someone you could imagine taking something she wanted. My husband wants me to drop it because we don't see them much. SHE STOLE AND I KNOW IT

If she's someone you could so easily imagine as a thief, chances are you're facing a dishonesty double-whammy: If she did it, what are the odds of her owning up?

My gut sides with your husband, but with the caveat that you shouldn't have to host them again if you're not comfortable. If you feel like you must bring it up, and your husband agrees, frame it like you're asking for her help: "Hey, I think I lost some jewelry at my office; do you happen to remember seeing such-and-such earrings over the holidays? I'm trying to figure out the last time I had them." This gives her an opportunity to confess that she "accidentally" may have taken a pair. It also might let on that you suspect her — but that's not necessarily a bad thing.

@ Send your questions to Dr. Andrea Bonior at baggage@readexpress.com. Andrea is a local clinical psychologist and author of the book "The Friendship Fix" (Friendshipfix.com).

Event Horizon
Catching Fire

Texas firefighter Rip Esselstyn pushed his co-workers to be "plant-strong," and the resulting nutrition plan turned into the bestselling "The Engine 2 Diet." Have a burning desire to learn more? Head over to one of Esselstyn's Whole Foods Market tour stops this week. He'll be signing books, sampling recipes and answering questions in Old Town, Reston and Tenleytown. For details, visit Ripengine2nova.eventbrite.com.

Library of Progress

Stroga's new room for cycling, however, is anything but quiet

At Stroga, the Adams Morgan boutique gym, students have been able to bicycle their legs while doing crunches, and to change gears by switching from kettlebells to medicine balls. But it wasn't until the debut of Stroga's indoor cycling studio on Feb. 11 that they were able to really ride.

"It adds another form of motion," says manager Jeffrey Melvin, who notes that cycling is the most cardio-focused class on the gym's schedule.

The heart-pumping benefits are what persuaded Peter Davidson to saddle up last Tuesday night. The 26-year-old has been a regular at Stroga, taking yoga and other classes up to six times a week. In the warmer months, he supplements his workouts by running outside.

"But when it's cold, forget it," Davidson said.

What impressed Davidson even more than the class — a series of sprints, climbs and jumps to a thumping selection of tunes — was the soundproofing of the room. Music is key to an effective cycling workout, and he was pleased to find out that instructor Carlin Moore could crank up his playlist without disrupting the other programs in the building.

Stroga occupies an old mansion, with yoga in the second floor ballroom and strength-based classes on the top floor. To make room for cycling, owner Doug Jeffries had the idea of taking over the library, which sits next to the reception area.

In addition to controlling the noise level, Stroga staff made a few other changes to the room with tape and paint. So when the regular lights turn off, the black lights go on — and the mood flips from "Downton Abbey" to disco alley: The front walls reveal zebra stripe patterns, and the glass cabinets on each side glow neon green.

"We're trying to create a vibe of more like a club," Melvin says. "You want to see the lights, go work out and have fun."

That's what Margaux Fimbres, 25, did Tuesday night — and she's ready to come back for more.

"Ohmigosh" is how Fimbres described the workout's intensity. One thing that helped her keep pushing? The intimate size of the room. With just 15 bikes, "I didn't feel lost," she said.

TEDDY WOLFF/FOR EXPRESS

Instructor Carlin Moore takes students on a bike ride at Stroga's new indoor cycling studio, located in the mansion's library.

More Hot Wheels

A vintage cycling poster welcomes students to D.C.'s newest all-cycling studio, but there's nothing old-fashioned about Peloton (2217 14th St. NW; 202-621-7513, Pelotondc.com), starting with the electronic consoles on the 20 Schwinn bikes. Co-owner Misook Issa says the programs are designed to provide everything a cyclist needs. In addition to 45-minute classes focused on riding, Peloton offers 75-minute sessions that end with 25 minutes of strengthening (with resistance bands) or stretching. The first class is free; drop-ins are $20; class packs and memberships are available. V.H.

Advanced riders may wish the Schwinn bikes were compatible with clip-in shoes; Melvin says he's looking into resolving that issue. The even bigger project he's working on is figuring out ways to add cycling to other fitness offerings to create combo classes.

"Are we mixing it up? Always," Melvin says. VICKY HALLETT (EXPRESS)

● *Cycling at Stroga (1808 Adams Mill Road NW; 202-238-9642, Stroga.com) is $22 for drop-ins, $102 for a six-pack. There's also a current promotion: $300 for three months unlimited.*

Learn About the Power of One

A single weight is all that's required for this effective workout

Fancy equipment doesn't build muscle — you do. And a single dumbbell, along with floor space, is all you need to sculpt the body you want, says Robert dos Remedios, author of "Men's Health Power Training." Perform this routine three times as a circuit, doing as many reps of each as you can in 30 seconds, then resting 30 seconds and moving on to the next.

Bottom-Half Getup

Lie on the floor with your right leg bent and left leg straight, holding a dumbbell in your right hand above your chest. Without taking your eyes off the weight or bending your right arm, prop yourself up on your left elbow. Now straighten your left arm. Reverse to return to the starting position. When your 30 seconds are up, rest 30 seconds and repeat on your opposite side.

Goblet Squat

Hold a dumbbell vertically in front of your chest, cupping the top end with both hands. Brace your abs and lower your body as far as you can by pushing your hips back and bending your knees; your elbows should brush the inside of them. Pause, and then push yourself back to the starting position.

BRAND X PICTURES

Push Press to Windmill

Stand holding a dumbbell in your right hand just outside your shoulder. Dip your knees and then push up explosively, using momentum to help you press the weight overhead. With the dumbbell still overhead, pivot your left foot 45 degrees to your left, push your hips to the right, and slide your left hand down your left leg. Pause, and reverse the move to return to the starting position. When your 30 seconds are up, rest 30 seconds and repeat on your opposite side. JILL YAWORSKI

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COURTESY JILL ABELSON

Yoga instructor Jill Abelson trains other teachers in proper hands-on assists.

Getting the Upper Hands

A yoga teacher shows how to assist in ways that help, not hurt

There's no better yoga prop than a set of hands, says instructor Jill Abelson, who's literally written the book for teachers on how to properly readjust, guide and hold students. (Volumes one and two of "Extra Love: The Art of Hands-On Assists" are available for purchase on Amazon.)

Abelson taught in Washington for a decade before moving to San Francisco in 2009, but she's returning to lead training sessions this Friday, Saturday and Sunday at Tranquil Space ($50-$140, 1632 17th St. NW, Tranquilspace.com).

From her years of experience — "I've probably had my hands on 40,000 to 50,000 students," she says — Abelson has learned to read bodies, so she can intuit exactly when and what to tug.

With the right sorts of adjustments, students feel comfortable, get to experience new postures and deepen their practice more quickly. When she's taking yoga, Abelson "quivers with anticipation" when she thinks her teacher is headed over to help her out.

But many teacher training programs don't cover these kinds of assists. Abelson says that leads to teachers who lack the confidence to offer hands-on attention or, even worse, teachers who ad-lib.

"I've had three neck injuries in the past 18 months from bad assists," says Abelson, who ended up in the emergency room after the first incident, when a teacher readjusted her head in headstand.

She thought she was safe a few months later in savasana, just lying on her back. But her teacher bent over and pulled her head straight up, resulting in a pinched nerve. And last December, she was in child's pose, "minding my own business," when an assistant pushed her skull into the ground, leaving her dizzy and disoriented.

Abelson shares these stories not to scare anyone, but to emphasize that it's important to find teachers who have proper training — and who know their students. And if a student feels like he or she is in a situation where that's not the case, Abelson says, it's time to use the most important vocal assist: "No."

VICKY HALLETT (EXPRESS)

lookout

A Long, Boring Road
Kim Kardashian and Kris Humphries are one step closer to divorce 35

Sound Bets

KEVIN WINTER/GETTY IMAGES FOR LOGO

Reigning Queen

Relevance: It's what every musician strives for. But how to stay hip when you've been in the game for 20 years? Much less the club-music game, which is both fickle and niche.

Drag superstar RuPaul's recording career could have walked quietly off into the kitsch sunset after 1992's "Supermodel of the World." Its hit single "Supermodel (You Better Work)" would have endured as a retro club classic.

By Shauna Miller

Instead, he's come to reign over a self-made gay-media empire constructed around "RuPaul's Drag Race." Contestants lip-sync to his singles, all of which are available on iTunes — a fact he repeats often.

He also knows the value of a guest star. Ru's new single and video, "Peanut Butter," features New Orleans Queen of Bounce, Big Freedia. A summary: Men in underpants dropping it low; Freedia providing booty beats and freak-out chorus; RuPaul demurely declaring, "Must be jelly cause jam don't shake."

Freedia is not a drag queen; she's a transgender rapper getting her own name. This merging of gay icons and musical styles creates a hugely over-the-top single — which is what the young'uns want in any genre.

@ Connect with Shauna on Twitter: **@shaunajmiller**.

Wandering Washingtonians

Somewhere between guitar lessons and Coachella, it's customary to leave your hometown in the dust. Plenty of indigenous music gets produced and performed in the District these days, but the city offers few of the music-biz resources that abound in New York, Los Angeles or Nashville. Not to mention D.C. rent prices, which have grown increasingly ridiculous. We asked a handful of ascendant ex-Washington musicians why they left home. Like their respective (current) locations, their reasons were across the map. But the artists all shared one common trait: None of them plan to move back home anytime soon. CHRIS RICHARDS (THE WASHINGTON POST)

Ben Thornewill

SINGER & PIANIST OF ROCK BAND JUKEBOX THE GHOST

Moved to Philadelphia in 2007

"We took the name Jukebox the Ghost the year we were graduating from George Washington [University], and we left after we graduated. ... [D.C.'s] a transitional city. People come and people go. That was part of the narrative when we got there, and I don't know if it's a self-fulfilling prophecy or what."

Jukebox the Ghost performs at the 9:30 Club on March 16.

"I'm not mad that D.C. isn't a place where I could stay. This is a country built on job specialization."
— ODDISEE

Oddisee

RAPPER

Moved to Brooklyn in 2011

"I'm not mad that D.C. isn't a place where I could stay. This is a country built on job specialization. When you want to get into the computer industry, you go to Silicon Valley. ... We're already fortunate enough in this country where artists have two cities to chose from — New York and L.A."

Oddisee is currently preparing for a tour of Australia.

Alice Smith

R&B SINGER

Moved to New York in 1995

"I grew up on Capitol Hill, and I remember that we had really good radio in D.C. When I write music, in my mind, I still hear go-go beats. ... I left for New York at 16 to go to school. ... Then I started writing songs and met someone who wanted to manage me. ... I guess that wouldn't have happened in D.C."

Alice Smith's "She" is out March 19. She performs at 9:30 Club on April 4.

Jesse Tittsworth

PRODUCER, DJ AND CO-OWNER OF U STREET MUSIC HALL

Moved to Los Angeles in 2012

"I was just doing the most Cali thing ever: I was doing a conference call on the treadmill! ... There are obvious reasons that people are moving here. The Skrillex thing is happening. ...The major labels are all out here. But there's also this peer pressure to be successful, and it can swallow your identity if you're not careful. So I feel super, super, super happy to have U Hall as an excuse to fly back and forth."

Tittsworth performs at U Street Music Hall on March 2.

Thao Nguyen

LEADER OF THAO AND THE GET DOWN STAY DOWN

Moved to San Francisco in 2006

"I played every open mike night in the Washington, D.C., area ... One summer, I was the lunch-hour music at a Potbelly. You had to play three hours, you could only play covers, and it paid $20 an hour. With a sandwich. ... When I was 22, I went on tour and never came back. It was 'can't stay where you grew up' for me."

Thao and the Get Down Stay Down's new album is "We the Common." The band plays the Black Cat on March 20.

lookout entertainment

top stops

KATHARINA FRITSCH

1 That's Unreal

Sometimes, the best shows at the big museums are the ones that bust out forgotten gems from the permanent collections. The Hirshhorn's "Out of the Ordinary" show pulls works that deal with faking or duplication, including Katharina Fritsch's "Display Stand With Madonnas," shown. ***Hirshhorn Museum, Independence Avenue and 7th Street SW; through May 19, free; 202-633-1000, Hirshhorn.si.edu. (L'Enfant Plaza)***

2 You Were Swedish Before It Was Cool

Get a jump on the Kennedy Center's huge Nordic Cool festival — don't worry, there will be a full guide in Thursday's Express — with tonight's opening concert. The Royal Stockholm Philharmonic Orchestra will perform all the orchestral music you didn't realize was Scandinavian, with Danish singer Inger Dam-Jensen. ***Kennedy Center, 2700 F St. NW; Tue., 7:30 p.m., $10-$64; 202-467-4600, Kennedy-center.org. (Foggy Bottom)***

3 Unplugged Orthodoxy

When somebody gets famous partly because they fill such a weird niche — say Hasidic reggae star Matisyahu — it's nice to see them branch out and show that they're actually quite talented. Matisyahu shows off his more eclectic influences tonight with an acoustic set. ***Rams Head On Stage, 33 West St., Annapolis; Tue., 8 p.m., sold out; 410-268-4545, Ramsheadonstage.com.***

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(97 MINUTES)

How to Survive a Plague
Friday, February 22, at 7:00 p.m.
(110 MINUTES)

The Invisible War
Saturday, February 23, at 7:00 p.m.
(97 MINUTES)

5 Broken Cameras
Sunday, February 24, at 4:00 p.m.
(90 MINUTES)

Live Action Short Film
Saturday, February 23, noon

Asad, Buzkashi Boys, Curfew, Death of a Shadow (Dood van een Schaduw), Henry
TOTAL RUNNING TIME: 108 MINUTES.

Animated Short Film
Saturday, February 23
3:30 p.m. & 5:00 p.m.

Adam and Dog, Fresh Guacamole, Head over Heels, Maggie Simpson in "The Longest Daycare," Paperman
TOTAL RUNNING TIME: 40 MINUTES.

Documentary Short Subject
Sunday, February 24, 11:00 a.m.

Inocente, Kings Point, Mondays at Racine, Open Heart, Redemption
TOTAL RUNNING TIME: 184 MINUTES

Seating is on a first-come, first-served basis. No reservations are accepted. Free tickets are distributed at the Special Events entrance on Constitution Avenue, 60 minutes prior to start time. You must be present to receive a ticket. Theater doors open 30 minutes prior to start time. The saving of seats is strictly prohibited. Please note that some films may not be appropriate for general audiences.

The William G. McGowan Theater, National Archives Building located between 7th and 9th Streets on Constitution Avenue, NW Archives-Navy Memorial Metro stop
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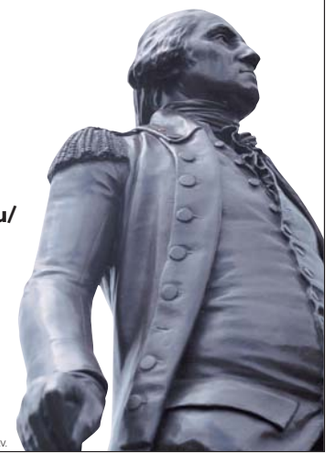

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entertainment lookout

MARK HUMPHREY/AP

Singer Mindy McCready died Sunday in what authorities believe to be a suicide.

Tragic End for Afflicted Singer

Former country star Mindy McCready was found dead Sunday in an apparent suicide

Obituary

Perhaps there was one heartbreak too many for Mindy McCready.

The former country star apparently took her life Sunday at her home in Heber Springs, Ark. Authorities say McCready died of a suspected self-inflicted gunshot to the head. She was 37 and left behind two sons.

McCready had attempted suicide at least three times since 2005 as she struggled to cope amid a series of tumultuous public events that marked much of her adult life.

Her death comes a month after that of David Wilson, her longtime boyfriend and the father of her younger son. He is believed to have shot himself on the same porch of the home they shared in Heber Springs. His death also was investigated as a suicide.

McCready issued a statement last month lamenting his death.

As a country singer, McCready's biggest hit was 1996's "Guys Do It All the Time."

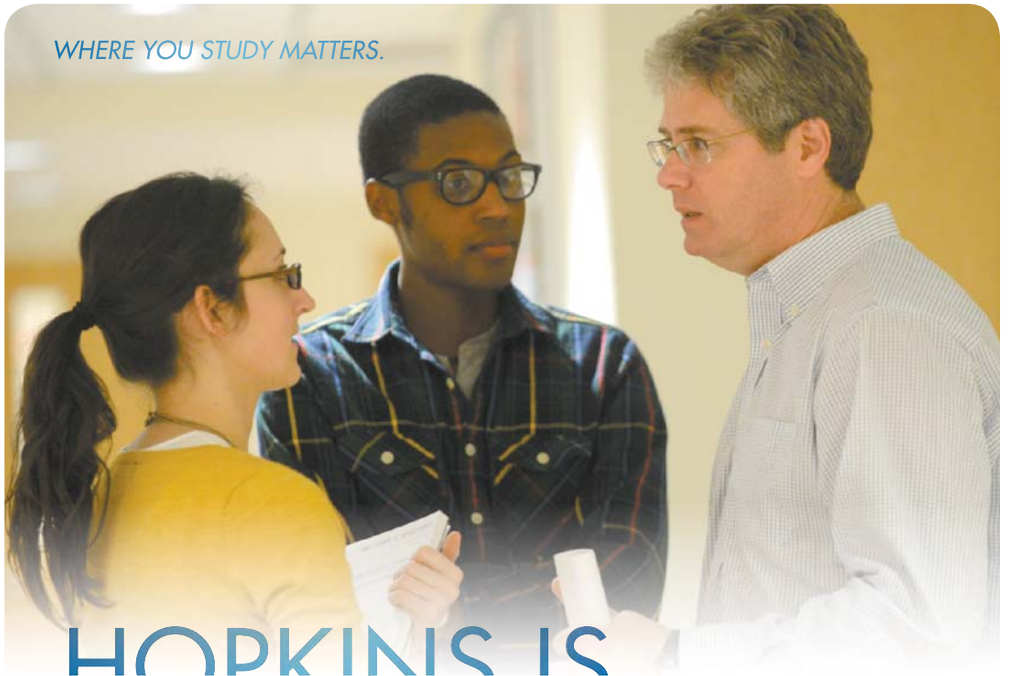
Over time, she was arrested for fraudulently obtaining prescription drugs, probation violation, misdemeanor assault of her mother, Gayle Inge, and other problems. In 2010, she appeared on "Celebrity Rehab 3."

JEANNIE NUSS/AP

Mindy McCready was found dead at her home in Heber Springs, Ark., on Sunday.

It's unclear what circumstances led to McCready taking her own life, but it appears she was struggling again with twin issues that have persisted for years — substance abuse and the custody of her children. She checked into court-ordered rehab and gave her children up to foster care earlier this month after her father asked a judge to intervene, saying she'd stopped taking care of herself and her sons and was abusing alcohol and prescription drugs.

It's unclear why McCready was out of rehab. (AP)



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Series Premiere

CW 9:00

"Cult" isn't so much a network drama as the idea for a drama, or maybe the marketing scheme for a drama.

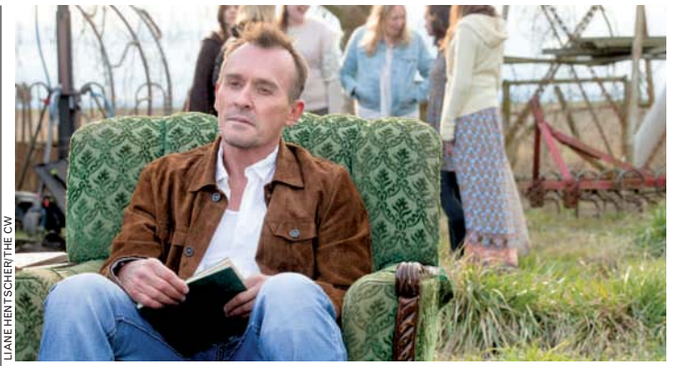
"Cult" begins with grainy documentary footage of alleged cult leader Billy Grimm (Robert Knepper) surrounded by willowy, brainwashed blondes. A minute later, the film stock changes and we see one of those blondes, now older, in search of a victim of Grimm's cult. Soon the action dissolves, the cameras pull back and we're shown the set for the hit CW show "Cult." Then the cameras pull back farther and we're shown a nightclub where avid fans are following "Cult" on TV.

At this point, "Cult" establishes itself as a kaleidoscope of refracted narratives. And it gets even more confusing. One of the show's fans, Nate (James Pizzinato), is convinced that Grimm's cult is real and that its followers are after him. He shares this with his older brother Jeff (Matt Davis), a once-promising journalist. Then, Nate vanishes.

Jeff springs into action and invades the "Cult" set. There he meets production assistant Skye (Jessica Lucas), who thinks there's something creepy and potentially dangerous about the show's too-passionate fan base. He also meets Roger Reeves (Knepper), the actor who plays the evil Grimm.

It's about this time that "Cult" stops making sense and begins to get too preposterous. But give it credit for a clever concept and consistently creepy atmosphere.

KEVIN McDONOUGH (UNIVERSAL UCLICK)



LIANE HENTSCHEL/THE CW

Robert Knepper plays actor Roger Reeves, who is playing a cult leader on a TV show.

Comedy

Ready to Offend

Comedian Anthony Jeselnik, above, and his dark sense of humor are on display in the new topical series "The Jeselnik Offensive" (Comedy Central, 10:30 p.m.). Each week, Jeselnik and two guest panelists (Aziz Ansari and Amy Schumer in the premiere) will rip apart the week's craziest news stories, as culled from such sites as Gawker and Reddit. (TM)

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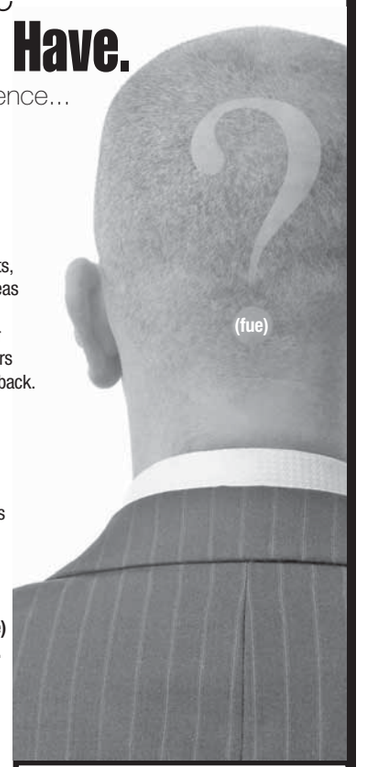

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unions lookout

Nicolas Barragan, Laura Corridon

Nicolas, 28, is an analyst at a bank. Laura, 28, is an events and marketing contractor for Arlington's parks department. They live in D.C.

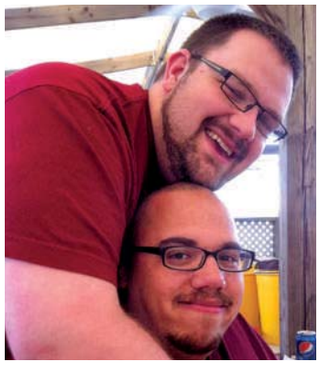
THE MAIN EVENT: They wed Oct. 7, 2012, at the Hotel Monaco in Alexandria.
HOW THEY MET: As sophomores at the University of Tampa. "We had Spanish class together. I was shy. Luckily, she wasn't. We've been inseparable since."
THE THEME: Art Deco, thanks to the hotel's vibe. Laura walked down the aisle to a string jazz band playing a 1945 song called "Laura."
MMM, CAKE: "We had nine cakes," Laura says.
AH, MEMORIES: "I'd say messing up all my lines during the ceremony got the most laughs," Nicolas says. Of the vow flubbing, Laura says, "I'm not even sure we're legally married."
WEDDING JITTERS: Laura worried about "pretty much everything," but "being an event planner helped with my nerves, since I'm used to event-day stress."
ONE FOR THE SCRAPBOOK: Laura's sister brought her pug, Chirpa, to the reception. "He was a big hit," she says.

DAKOTA FINE

Devry Becker, Sean Jones

Devry, left, 29, is an administrative officer for a federal contractor. Sean, 31, works at an HVAC company. They live in Silver Spring.

THE MAIN EVENT: A Baltimore courthouse wedding June 7, followed by a friends-and-family crab feast.
HOW THEY MET: In line at the Black Cat. "I was about to lean up against a wall with gum on it," Devry says. "Someone said, 'Hey, watch out for that gum!' It was Sean."
FIRST IMPRESSIONS: "I thought he was a nice guy, and cute enough to chat with at the concert," Sean says.
FIRST DATE: They went to Sean's friends' wedding reception.
FIRST KISS: After a Lady Miss Kier DJ show at U Street Music Hall.
HOW HE PROPOSED: They were visiting friends in New York. While crossing a square, "I felt a tap on my shoulder, and Sean said, 'Here's as good as anywhere.'" Says Sean: "A little after some random person tried to sell us drugs, I got on one knee and asked."
MOST HATED CLOTHING ITEMS: Sean's "oversized pants," Devry's multicolored "clown shorts."
MAKING IT UNIQUE: Their rings are actually tattoos they got in St. Louis, where Devry's from, during Mardi Gras.



Kelli Dieterich, Wes Windsor

Kelli, 30, is a communications manager. Wes, 29, is a records coordinator at a law firm. They live in Alexandria.

THE MAIN EVENT: They will tie the knot March 23 at the Vizcaya Museum and Gardens in Miami. The black-tie formal affair will have one twist: Instead of rice at the end, guests will send them off by shaking maracas.
HOW THEY MET: Despite having the same major at the same small college, they only met after graduation, when Wes' college soccer teammate married Kelli's sorority sister.
FIRST DATE: A few weeks after they met, Wes came to D.C. to see the sights (and Kelli).
FIRST IMPRESSIONS: "I remember thinking this guy was funny, cute and so easy to spend time with."
HOW HE PROPOSED: He invited her to dinner and a movie but told her to dress up. Then, over champagne at Eventide, he sprung "Wicked" tickets on her and pulled out the ring.

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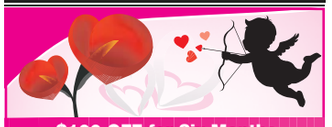

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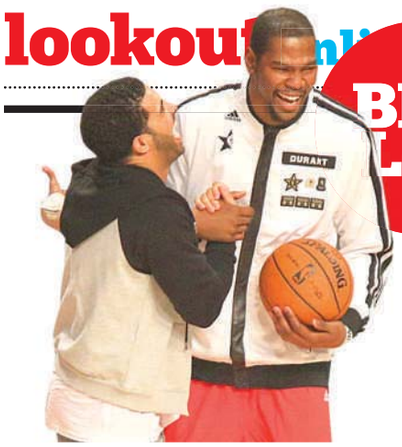

HULU

"Drake looking like that [high school] kid that wanna dap you up while you warming up in pregame to let [everybody] in the stands know he know you."

—@DAVINBELLAMY17 thought the Toronto-native rapper was a bit over-enthusiastic from his courtside seat at the NBA All-Star Game in Houston. Above, Drake shares a laugh with Kevin Durant on Sunday.

"When SNL introduces a character named Victor LeStrange, you can pretty much instantly assume it's going to be Bill Hader."

—@RENANO enjoyed the cold open of "Saturday Night Live," in which Hader played a "mentalist" aboard the Carnival Cruise Lines ship Triumph.

"I think Foggy Bottom should rename itself what it was once known as: Hamburg or Funkstown. Both are way cooler."

—@DCIST_MARTIN has a fun suggestion for the Northwest neighborhood — based on its history — to gain a little buzz.

"Many well-intentioned, but young, naive, and impressionable startups will blow thousands of dollars wastefully trying to recreate the magic. They will fail. To be clear, I'm not saying don't attend SXSW. Just don't blow your marketing budget trying to stand out."

—MARK SUSTER AT FASTCOMPANY.COM doesn't think it's a good idea to launch a startup at the annual music, film and interactive conference and festival held in Austin, Texas, from March 8 to 17. Twitter and Foursquare both launched at SXSW.

"Like it or not, she is a household name with crossover appeal to those who don't even follow motor sports. And with her now starting the 500 in the No. 1 position, more eyeballs will inevitably be focused on what already is the most watched race in the United States."

—JORDAN BIANCHI AT SBNATION.COM/NASCAR thinks Danica Patrick winning pole position for the Daytona 500 can only be a good thing for NASCAR.

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puzzles lookout

HOROSCOPE

PISCES (Feb. 19-March 20) You may receive a warning from someone who doesn't really understand your true force and power. Don't answer in kind!

ARIES (March 21-April 19) Putting yourself in another's shoes for a while today will allow you to assess a strange situation in a more productive fashion.

TAURUS (April 20-May 20) Gather a team to face a coming challenge, and your odds will increase remarkably. By all means, don't try to tackle it alone.

GEMINI (May 21-June 20) What you see and hear today will give you a glimpse into something that you didn't understand only yesterday. You have a lot to report.

CANCER (June 21-July 22) You've been spending a great deal of time preparing for what is to come — but what if it has already come and gone? Don't miss the boat!

LEO (July 23-Aug. 22) Apologies may be in order, and you can be the first to ease tensions by saying what must be said in an open and honest fashion.

VIRGO (Aug. 23-Sept. 22) It's a good day for you to consider that which was not an option only yesterday. A friend or loved one gives you a good piece of advice.

LIBRA (Sept. 23-Oct. 22) Someone who has been on your mind a lot lately may well surprise you by doing or saying something that you least expect.

SCORPIO (Oct. 23-Nov. 21) What happens far from home today is likely to affect you in a significant manner — but for how long is entirely up to you.

SAGITTARIUS (Nov. 22-Dec. 21) You've been experimenting with an alternate way of thinking and behaving lately; today, adjustments really pay off.

CAPRICORN (Dec. 22-Jan. 19) Today, once you start, you're not likely to stop. Be sure you have plenty of time — and that resources are sufficient and up-to-date.

AQUARIUS (Jan. 20-Feb. 18) You're in no mood to do for another what will not be done for you — but you may realize that doing just that can increase your own odds.

PostPoints DAILY CODE AN

Scrabble Grams

PAR SCORE 155-165, BEST SCORE 227

								RACK 1
E1	I1	U1	R1	R1	N1	C3		
								RACK 2
I1	I1	H4	S1	M3	P3	W4	Double Word Score	
								RACK 3
O1	U1	P3	H4	R1	S1	T1	1st Letter Triple	
								RACK 4
E1	E1	H4	G2	W4	S1	C3		

Friday's Solution

P3	H4	O1	E1	N1	I1	X8	RACK 1 =	107
S1	T1	R1	I1	N1	G2	Y4	RACK 2 =	61
K5	I1	N1	G2	L1	E1	T1	RACK 3 =	62
S1	U1	M3	M3	O1	N1		RACK 4 =	13
PAR SCORE 145-155							TOTAL	243

FOUR RACK TOTAL

Make a 2-7-letter word from the letters in each row. Add points of each word using scoring directions at right. Seven-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

9		8		5		1		2
2	7	1	9	6	8	4		
6				4				9
5		2		3				
	8	4				6	1	
				1		3		5
1				8				6
		6	5	2	3	7	8	1
8		5		7		2		4

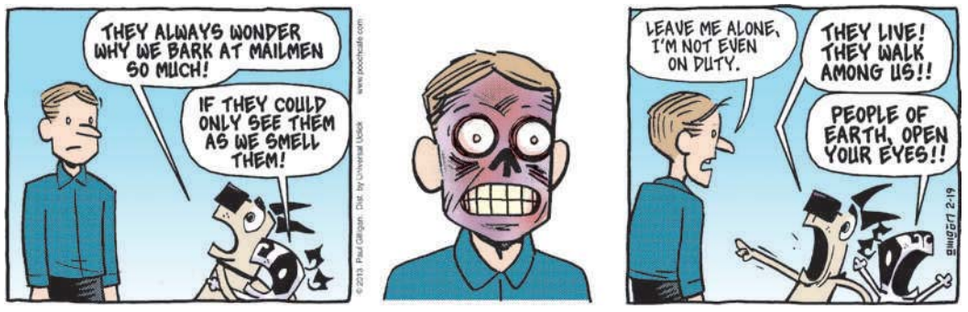
Friday's Solution

4	1	7	9	6	5	8	2	3
3	2	8	4	7	1	5	6	9
5	9	6	8	3	2	1	4	7
2	3	4	1	8	9	6	7	5
8	5	9	7	4	6	3	1	2
7	6	1	2	5	3	4	9	8
6	7	3	5	2	4	9	8	1
9	8	5	6	1	7	2	3	4
1	4	2	3	9	8	7	5	6

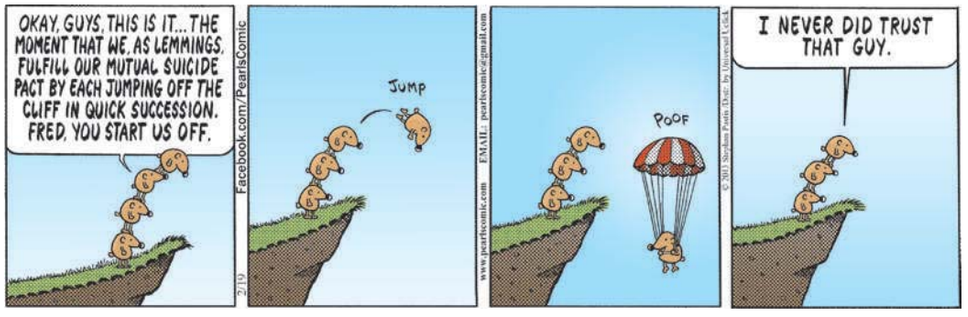
Need more Sudoku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

Comics

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast

50 | 30

Today: A little rain today; breezy in the afternoon. Partly cloudy tonight.

40 | 27

Tomorrow: Breezy and colder tomorrow with clouds and sun. Clear tomorrow night.

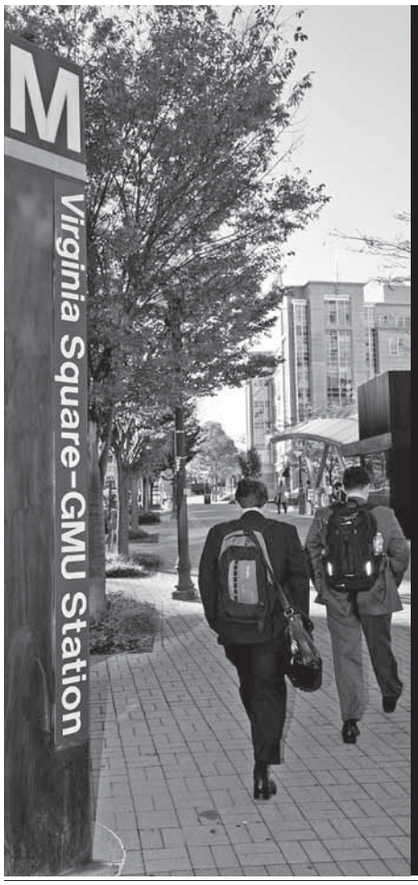
Looking Ahead

THU	FRI	SAT
44 | 30	42 | 35	48 | 35

Sun and Moon
Sunrise today: 6:54 a.m.
Sunset today: 5:50 p.m.
Moonrise today: 12:23 p.m.
Moonset today: 2:23 a.m.

Almanac
Normal high: 48
Record high: 77
Normal low: 31
Record low: 3

FORECAST BY ACCUWEATHER.COM ©2013



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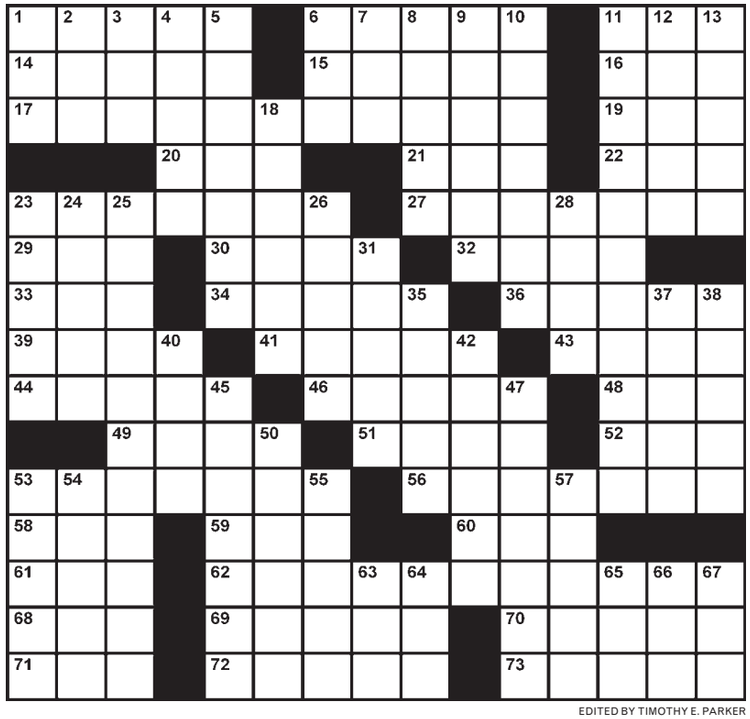
lookout puzzles

Crossword

WELL CONTAINED



EDITED BY TIMOTHY E. PARKER

ACROSS

1 Not dormant
6 Comes down in buckets
11 Outlaw
14 Bonn waterway
15 Hindu noblewoman (Var.)
16 Org. for doctors
17 Morning must-have, for many
19 Obtained
20 To's antithesis
21 Yellowstone inhabitant
22 Without without with?
23 It's got a lot of people talking
27 Cook, as egg rolls
29 "What was ___ do?"
30 Air quality concern
32 Another mild expletive
33 Acknowledge an ovation
34 Bays
36 Consign to the junkyard
39 Wings that don't flap
41 Nosey Parker
43 Wind-up toy?
44 Blackthorn berries
46 "American Idol" numbers
48 Old computer screen
49 Waller or Domino
51 Baseball catcher
52 Do-it-yourselfer's aid
53 Blow up
56 Venture to utter
58 Prominent rock
59 Sherlock's Blue Carbuncle, for one
60 Scottish topper
61 Former low-value coin
62 Kid's breakfast item, often
68 Do-say connection
69 "Burnt Norton" poet T.S.
70 Like Halloween sounds
71 Collector's achievement
72 Come from behind
73 Dutch painter Jan

DOWN

1 Curved path, say
2 Mu ___ pork
3 Hint from a tout
4 Go ___ the deep end
5 Browser button
6 Accomplished one
7 Blockhead
8 Deprived of nutrition
9 Reacted to a haymaker
10 Some players in a kids' game
11 Repertoire
12 Affair of the heart
13 Sharply dressed
18 The orderly universe
23 Sarcastic taunts
24 Coral ring
25 Still-life subject
26 Hamlet's cousins
28 Cigarette quantity
31 Doom's accompaniment
35 Unbroken, as a line
37 Heart chambers
38 Small-minded
40 Clapping animal
42 Type of chip
45 Walk in a crooked line
47 Air assaults
50 "A Streetcar Named Desire" character
53 "___ easy as 1-2-3"
54 Hangman's loop
55 Alternative to text messages
57 Actor M. ___ Walsh
63 Music scale note
64 Epitome of messiness
65 Emotion of the miffed
66 Tell a tall tale
67 Burns of documentaries

Friday's Solution

TODAY IN HISTORY

1878 Thomas Edison receives a U.S. patent for "an improvement in phonograph or speaking machines."

1942 President Franklin D. Roosevelt signs Executive Order 9066, clearing the way for the relocation and internment of Japanese-Americans.

2007 An ailing Fidel Castro resigns the Cuban presidency after nearly a half-century in power; his brother Raul is later named to succeed him.

express

Published by Express Publications LLC
1150 15th St. NW, Washington, DC 20071
A Subsidiary of The Washington Post Co.

Editorial: 202-334-6800
Fax: 202-334-9777
Circulation: 202-334-6992
Advertising: 202-334-6732
or ads@readexpress.com
Classifieds: 202-334-6200

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people lookout

PRACTICALITY

A Heart-Shaped Ruby Engagement Ring ... Fine ... If You Want to Wear It Once a Year

Katy Perry wore a large, heart-shaped ruby ring on Valentine's Day — on her engagement-ring finger, Usmagazine.com reported. The tabloids freaked out — Perry is in a serious relationship with John Mayer — but Perry's reps refused comment on a possible engagement. (EXPRESS)

MISTAKES

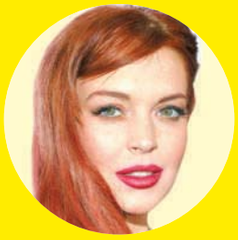
'I Want to Choke You to Death' Fails as Catchphrase

Alec Baldwin got into a nasty confrontation with a New York Post photographer and a reporter Sunday morning, the New York Post reported. The reporter said she asked Baldwin for a comment regarding a lawsuit against his wife. The reporter told police that Baldwin told her, "I want to choke you to death." The photographer told police that Baldwin called him a racial slur and a "drug dealer." (EXPRESS)

ALBERTO E. RODRIQUEZ/GETTY IMAGES

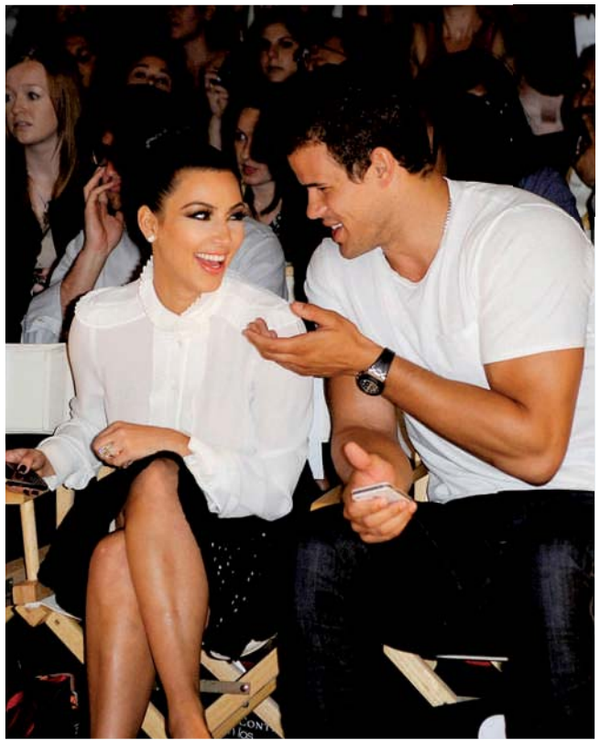
Whatever goodwill he engendered in the "30 Rock" finale has vaporized.

Victims



A Non-Dina Mom Ruined LiLo's Life

Samantha Ronson's romance with Lindsay Lohan ended, in part, because Ronson's mother, Ann Dexter-Jones, intervened, the Daily Mail reported. After Lohan threw a tantrum at a party in Dubai, the mother said "I could no longer support them as a couple. ... Lindsay was no longer welcome in my home." (EXPRESS)



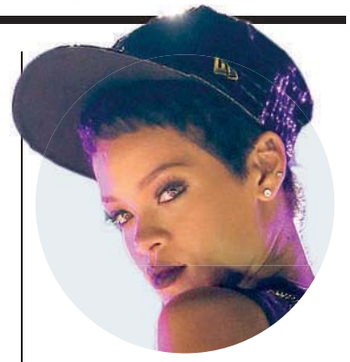
ILYA S. SAVENOK/GETTY IMAGES

"Yes, even as a straight man, I think Kanye West is hot. Why do you ask?"

END, PLEASE END!!!!

Closure of the Century

Kim Kardashian has a trial date for her divorce from NBA player Kris Humphries. A judge on Friday set a May 6 trial for Kardashian, who wants to end her marriage before July, when her child with Kanye West is due. Kardashian filed for divorce on Oct. 31, 2011, after she and Humphries had been married 72 days. The trial is expected to last three to five days and could reveal details about Kardashian's reality show empire. Kardashian's lawyer said her client is ready. (AP)



WORST ASSUMPTION EVER MADE BY PSYCHO LOONY BIRD:

'Well, Violence Clearly Endears Her to People'

Rihanna was partying in London on Saturday when someone threw a bottle of Lucozade energy drink at her, TMZ.com reported. Though the bottle didn't make contact, she cut her knee on a metal grate in the ruckus that followed. The suspect also screamed at Rihanna about her reunion with Chris Brown. (EXPRESS)

DEMEANING

'To Be Crystal Clear, I Demanded a DNA Test'

Hugh Grant says he has become a father for the second time with sometimes-girlfriend Tinglan Hong. He announced Saturday via Twitter: "Am thrilled my daughter now has a brother." In his next tweet, he noted: "And to be crystal clear. I am the Daddy." (AP)

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